

Extreme Health Challenge

A Free Nutrition & Fitness Activity for 4th & 5th Grades

Key Components:

KATY TRAIL CHALLENGE As a class, students log enough physical activity to equal walking the entire 225 miles of the Katy Trail!

- Ideas for short classroom activity breaks help meet this challenge
- Each class gets two pedometers to help track progress and a map poster to chart the journey



FRUIT & VEGETABLE CHALLENGE Students are challenged to eat more fruits and vegetables at school each day. Classes may compete with each other.

NUTRITION CURRICULUM A nutrition program assistant from University of Missouri Extension teaches the Show Me Nutrition curriculum in classrooms of qualifying schools.

KATY TRAIL STATE PARK CURRICULUM Six lessons highlight history of communities along the Katy Trail and make the students' virtual journey along the trail more meaningful.



CAFETERIA SUPPORT Food service workers are encouraged to promote fruits and vegetables and participate along with the students in the challenges.



INCENTIVES A fruit & veggie cookbook for each student; Opportunity for a family cooking demonstration by MU Extension; Opportunity for an educational session on outdoor activities at Missouri state parks.

Enroll your school; Get instructions and materials at
www.dhss.mo.gov/TeamNutrition



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